



**State of Connecticut
Department of Public Health
WIC Program**

Approved Food List/ Participant ID Booklet

January 1, 2013



This booklet includes a detailed list of WIC approved foods, your WIC ID, and food buying guide. If you have questions or need to change your appointment call:

Your local office is:

WIC Check Example

CONNECTICUT DEPARTMENT OF PUBLIC HEALTH- SPECIAL SUPPLEMENTAL NUTRITION PROGRAM
FOR WOMEN, INFANTS, AND CHILDREN (WIC PROGRAM) 410 Capital Avenue, Hartford CT 06106 1-800-741-2142 84-1968 /611 42771100

SEQUENCE NO.	FAMILY	WIC ID	PAYEE NAME	SITE	FIRST DAY TO USE
PAY TO THE ORDER OF: AUTHORIZED WIC VENDOR STAMPED HERE		PACKAGE			
VOID		LAST DAY TO USE			
		ACTUAL \$ AMOUNT OF SALE			

VENDOR MUST DEPOSIT WITHIN 60 DAYS
OF "FIRST DAY TO USE" DATE
UNITED COMMUNITY BANK
MARIETTA, GA

IMPROPER USE OF THIS CHECK IS SUBJECT TO STATE AND FEDERAL PROSECUTION
SIGNATURE OF PARTICIPANT OR AUTHORIZED PROXY
DATE

104 27711005 1061196841 25002541

You cannot use the WIC check BEFORE this date.

You cannot use the WIC check AFTER this date.

The cost of the WIC food goes here.

Sign and date your name here after the actual amount of sale has been filled in.

This is your family number.

The Payee's name is printed here.

These are the items you can buy and how much of each item.

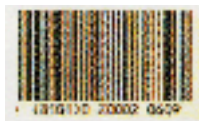
Participants do not need to purchase everything listed on WIC checks. No substitutions or exchanges are allowed. Other WIC foods are allowed if printed on the check.

Shopping Tips

- You must buy the least expensive brand at the time of the purchase, which is usually the store or generic brand. All WIC approved foods are high quality regardless of the brand.

Use Coupons

store promotions, store savings cards, and any other type of discounts to save money and help us serve more people.



- You can “buy one, get some free” if the store coupon/card allows it.
- Buy items in the largest sizes possible to get the most that you’re allowed on WIC checks.
- Bread and tortillas may be in the bread aisle, in front of the deli or in the ethnic foods aisle. Shop on weekdays and ask your store when bread is delivered.
- Tofu can be found in a refrigerated case in the produce section.
- Choosing only WIC approved foods on this list and in the right amounts will shorten your time at the register.
- Do not sign your WIC checks until after the correct price has been written on the check.
- Always bring this CT WIC Booklet with you when you shop.

Weights:

ounces = oz.

16 ounces = 1 pound (lb.) or (#)

Dairy

Must buy the least expensive brand at the time of the purchase.

Eggs - Large, white or brown, 1 dozen, carton



Milk

Skim (Fat Free/Nonfat), 1% (Lowfat/Light)
2% (Reduced fat) or Whole Milk*
1/2 Gallon or 1 Gallon



Skim



1%



2%



Whole*

UHT Milk

Unflavored
(Whole* or 2%),
3 pack



Nonfat Dry Milk

16 oz.
box



Soy Milk
8th Continent
64 oz./half
gallon paper
carton
(Original)



**Lactose
Reduced or
Lactose Free
Milk**
64 oz./half
gallon paper
carton (Skim,
1%, 2%,
Whole*)



**Evaporated
Milk -**
Fat Free Skim,
Lowfat 2% or
Homogenized-
Vitamin D
added (whole*)



**Goat
Milk-
Meyenberg**

** For 1 year old children only*



No flavored or raw milk.
No organic milk or eggs.

Dairy

Must buy the least expensive brand at the time of the purchase.

Cheese

One package only, 8-16 ounces



Cheddar



American **

**** Only American can be from the deli or sliced**



Muenster



Colby



Monterey Jack



Mozzarella

Fat Free Mozzarella -

One pound (lb.) 16 ounces, prepackaged
(Calabro and Polly-O only)



No deli or sliced cheese, except American.
No individually wrapped slices, shredded or string cheese, cheese food, cheese product or spreads, cream cheese or cottage cheese, imported, flavored or organic cheese.

Tofu

Tofu - Plain, 14-16 oz. package

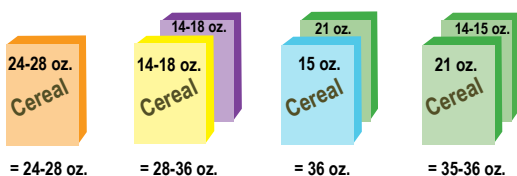
Nasoya - Cubed, Super Firm, Firm, Lite Firm, Lite Silken, Silken, Soft

Azumaya - Firm, Extra Firm



Cereal

Cold Cereal Buy 1 or 2 bag(s)/box(es) totaling 36 oz. or less. Only buy sizes 14 oz. or larger.



*Choose type of cereal, then choose the least expensive brand at the time of the purchase.



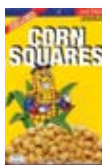
Bran Flakes*

America's Choice, Best Yet, Big Y, HY-TOP, IGA, Parade, Post, Price Chopper High Fiber, Save-A-Lot Nature's Crunch, ShopRite, Stop & Shop



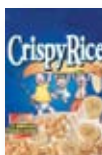
Corn Flakes*

America's Choice, Best Yet, Big Y, Great Value, HY-TOP, IGA, Kellogg's, Krasdale, Parade, Price Chopper, Save-A-Lot Mornin'Gems, ShopRite, Shurfine, Stop & Shop, White Rose



Corn Squares*

America's Choice Toasted/Crunchy Corn, Best Yet Corn Biscuits, IGA Square Shaped Corn Biscuits, General Mills Corn Chex, Price Chopper Toasted Corn Crisps, ShopRite Crispy Corn Squares, Shurfine Corn Squares, Stop & Shop Corn Squares



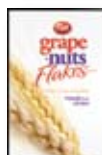
Crispy Rice*

Best Yet, Great Value Crispy Rice, Malt-O-Meal Crispy Rice, ShopRite Crispy Rice



Frosted Shredded Wheat*

America's Choice, Best Yet, Big Y, HY-TOP, IGA, Kellogg's, Malt-O-Meal Frosted Mini Spooners, Price Chopper, Save-A-Lot Nature's Crunch, ShopRite, Stop & Shop



Grape-Nuts Flakes Post

Cereal



Kix, plain - General Mills

Oat Bran, Quaker

Oat Squares, Quaker Oat Life, Stop & Shop



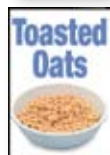
Oats & Flakes*

Best Yet Honey, Oats & Flakes; IGA Honey Oats & Flakes; Malt-O-Meal Honey & Oat Blenders; Price Chopper Crispy Honey Oats & Flakes; ShopRite Honey Oat Clusters & More; Shurfine Oats & More; Stop & Shop Honey Crunchin' Oats with Honey



Rice Flakes, Kellogg's Special K

Rice Squares, IGA Square Shaped Crispy Rice Biscuits, ShopRite Rice Squares



Toasted Oats Plain*,

America's Choice, Best Yet, Big Y, General Mills Cheerios, HY-TOP, IGA, Krasdale, Parade, Price Chopper, Save-A-Lot Rollin Oats, ShopRite, Shurfine, Stop & Shop Oats & O's, ValuTime, White Rose



Unfrosted Shredded Wheat

Best Yet, Kellogg's, IGA, Parade, ShopRite



Wheat Flakes*

Kellogg's All Bran Complete Wheat Flakes, Shurfine Wheat Bran, General Mills Total (*not recommended for children under 4 years of age due to the high iron content.*)

Hot Cereal - 14 oz. boxes or larger

America's Choice Original Hot Wheat

Cream of Wheat - 1 minute,

2 ½ Minute, 10 Minute

Farina - Original-Farina Mills

Maltex

Malt-O-Meal Original Hot Wheat Cereal

Maypo Vermont Style Maple Oatmeal

Price Chopper Enriched Quick Cream Farina

Ralston Creamy Wheat

Whole Grain Cream of Wheat



Fruit Juice

Must buy the least expensive brand at the time of the purchase.

100% juice and at least 120% Vitamin C

Juice Concentrate

Frozen 11.5 - 12 oz.

100% Apple Juice

America's Choice, Best Yet, Great Value, Langers, Old Orchard, Price Chopper, Seneca, ShopRite, Shurfine, Sunrise Valley, Tree Top

100% Grape Juice

America's Choice, Great Value, Langers (Purple and White), Old Orchard, Seneca, ShopRite, Sunrise Valley, Welch's (White and Purple)

100% Grapefruit Juice

100% Orange Juice

100% Orange Juice with Calcium*

*For women only

100% Juice Mixtures

Dole 100% Juice - all flavors,
Langers-all flavors,
Old Orchard - all flavors,
Welch's 100% -

White Grape Cranberry,
White Grape Peach,
White Grape Pear,
White Grape Raspberry

100% Pineapple Juice

Dole, Langers, Old Orchard



Juice Concentrate

Non-Frozen/Pourable

11.5 - 12 oz. metal cans

100% Juice Mixtures

Welch's 100% Juice Pourable - all flavors

Juicy Juice 100% Juice - all flavors



No juice cocktail, beverages or drinks

Fruit Juice

Must buy the least expensive brand at the time of the purchase.

100% juice and at least 120% Vitamin C

Fluid Juice

64 oz. plastic bottle

100% Apple Juice

America's Choice, Best Yet, Big Y, Great Value, Harvest Classic, HY-TOP, IGA, Juicy Juice, Krasdale, Mott's, Parade, Shurfine, ShopRite, Stop & Shop, Tipton Grove, White Rose



100% White Grape Juice

America's Choice, Big Y, Great Value, HY-TOP, IGA, Juicy Juice, Shurfine, ShopRite, Stop & Shop, Welch's, White Rose

100% Purple Grape Juice

America's Choice, Best Yet, Big Y, Great Value, HY-TOP, IGA, Juicy Juice, Krasdale, Parade, Price Chopper, ShopRite, Shurfine, Stop & Shop, Tipton Grove, ValuTime, Welch's, White Rose

100% Juice Mixtures

Big Y Juice-A-Lot;
IGA - Grape, Fruit Punch, Berry, Cherry;
Great Value White Grape Peach;
Nestle - Juicy Juice (all flavors);
Price Chopper - Totally Juice (all flavors)

100% Grapefruit Juice/Blends - White or Pink

Best Yet, Great Value, HY-TOP, IGA, Parade, Price Chopper, Shurfine, ShopRite, Stop & Shop, White Rose

100% Pineapple Juice

Best Yet, Langers, Libby's, Price Chopper, Ruby Kist

Fluid Juice

Refrigerated gallons and half gallons

100% Orange Juice Only

Half Gallon = 64 oz of fluid juice

Gallon = 128 oz of fluid juice



No juice cocktail, beverages or drinks

Infant Products

Infant Formula- With Iron

The brand name, container size and type of formula is printed on the WIC checks.

Baby Foods in Jars - Stage 2

4 oz. jars only, Beech-Nut® only

Fruits - Only the 3 pictured below



Stage 2
Applesauce



Stage 2
Chiquita® Bananas



Stage 2
Pears

Vegetables - Only the 5 pictured below



Stage 2
Green Giant Squash



Stage 2 - Green Giant
Sweet Potatoes



Stage 2
Green Giant
Sweet Carrots



Stage 2
Green Giant
Sweet Peas



Stage 2
Green Giant
Green Beans

Infant Cereal - Beech-Nut®, 8 oz. dry, boxes,
Rice, Oatmeal, Multigrain



No added fruits, crisps, formula or DHA

Infant Products

Baby Foods in Jars - Stage 2 ½

4 oz. jars only, Beech-Nut® only

Only the flavors listed below

Textures Apple Mango & Carrot

Textures Applesauce

Textures Banana & Mixed Berries

Textures Banana Orange & Pineapple

Textures Banana Prune & Raisins

Textures Carrot Tomato & Green Beans

Textures Carrots

Textures Corn & Green Peppers

Textures Green Beans

Textures Peach & Pineapple

Textures Peach Apple & Apricot

Textures Pears

Textures Pears & Green Beans

Textures Peas & Carrots

Textures Prunes & Apples

Textures Squash & Apples

Textures Sweet Potato & Zucchini

Textures Sweet Potato Apple & Raisin



Allowed only for breastfed babies who do not receive any formula from WIC.

Meats - Beech-Nut only

2.5 oz. - Only the 3 pictured below



Stage 1 Beef & Beef Broth

Stage 1 Chicken & Chicken Broth

Stage 1 Turkey & Turkey Broth

Stage 1 Ham & Broth

Fruits

Fresh Fruits

- Any variety
- May be sold by the piece, by the package or by the pound



Frozen Fruits

- Any variety
- Without added sweeteners, sugars or syrup
- May be sold as “mixed” fruit



Canned Fruits

- Any variety-without added sweeteners, sugars, syrup, fats, oils, or salt
- May be packed in juice or water



No fruit rollups, fruit snacks, cranberry sauce or pie filling. No raisins or dried fruits. No items from the salad bar, party trays or fruit baskets.

Vegetables

Fresh Vegetables

- Any variety EXCEPT POTATOES (Orange yams and sweet potatoes are allowed)
- May be sold by the piece, by the package or by the pound



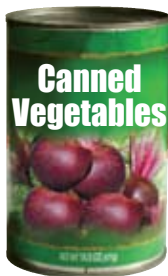
Frozen Vegetables

- Any variety EXCEPT POTATOES or items with potato
- Without added sweeteners, sugars, fats, oils
- May be sold as “mixed” vegetables, but must not contain potatoes
- Must not be packed with sauce



Canned Vegetables

- Any variety EXCEPT POTATOES or items with potatoes
- Without added sweeteners, sugars, syrup, fats, oils
- May be regular or lower in sodium



No herbs, spices, garlic, or olives. No party trays, pickled vegetables or items from the salad bar.

Bread/Grain

Whole Wheat Bread

1 pound (lb.) or 16 oz. loaf



- America's Choice
- Arnold 100% Stoneground Whole Wheat
- Best Yet
- Big Y
- Bimbo
- Country Kitchen
- Gold Medal Bakery
- Gold Medal Bakery 100% Wheat with Flax
- Pepperidge Farm Stoneground 100% Whole Wheat
- Pepperidge Farm Very Thin Sliced Soft 100% Whole Wheat
- Sara Lee
- ShopRite 100% Whole Wheat
- Stop & Shop 100% Whole Wheat
- Stop & Shop 100% Whole Wheat with Flax
- Stop & Shop No-Salt Added 100% Whole Wheat
- Stern's
- Sunbeam
- Weight Watchers Whole Wheat
- Wonder Soft 100% Whole Wheat

Whole Grain Bread

1 pound (lb.) or 16 oz. loaf

- Country Kitchen Wheat Italian
- Pepperidge Farm Whole Grain Seeded Rye
- ShopRite 12 Grain
- Weight Watchers Multi Grain



Bread/Grain

**Must buy the least expensive brand
at the time of the purchase.**

Tortillas 1 pound (lb.) or 16 oz. bag

Whole Wheat Tortillas



- Big Y 100% Whole Wheat Tortillas
- Chi-Chi's Whole Wheat Tortillas
- Don Pancho Whole Wheat Tortillas
- LaFe Whole Wheat Tortillas
- La Banderita Whole Wheat
- Mayan Farms Whole Wheat
- Mission Whole Wheat Tortillas
- Pepito Whole Wheat Tortillas
- ShopRite Whole Wheat Tortillas
- Stop & Shop Nature's Promise Whole Wheat

Soft Corn Tortillas

- Chi-Chi's White Corn
- Don Pancho White Corn Tortillas
- La Banderita Corn
- La Poblanita Corn
- Mission Yellow Corn Tortillas
- Pepito Corn Tortilla
- Stop & Shop Nature's Promise Whole Grain Corn

Brown Rice

Dry 1 pound (lb.)/ 14-16 oz. bag/box

- America's Choice Long Grain Brown Rice
- Best Yet Long Grain Brown Rice
- Big Y Instant Brown Rice
- Carolina, Goya, Minute, Mahatma, Success
- Price Chopper Instant
- Save-A-Lot Brown Rice
- Shurfine Brown Rice
- Stop & Shop Boil-in Bag Brown Rice
- Stop & Shop Instant Brown Rice
- Uncle Ben's Natural Whole Grain Brown Rice
- Uncle Ben's Fast & Natural Whole Grain Instant
- Uncle Ben's Whole Grain Boil-in-Bag
- White Rose Brown Rice



Other

**Must buy the least expensive brand
at the time of the purchase.**



Peanut Butter

18 oz. jar, Unflavored, smooth, creamy, or chunky



Legumes

Dry, 1 pound (lb.), 16 oz. bag.
Any variety.
Beans, peas and lentils.



Canned Fish

**Must buy the least expensive brand
at the time of the purchase.**

**Allowed only for certain categories of
pregnant and breastfeeding women.**

Sardines - in water only, 3.75 oz. can

Tuna - chunk light in water only, 5 oz. can

Salmon - in water only, 6 oz. can

Salmon - in water only, 7.5 oz. can



How to use your WIC check

1. Shop only at stores that are on the list of authorized WIC stores given by the WIC office.
2. Check the dates! WIC checks cannot be used before the “first day to use” or after the “last day to use.”
3. Buy only WIC approved foods. See your WIC Approved Food List for the items, brands and sizes that are allowed. No other items are permitted.
4. At the register, keep your WIC food separate from your other items. Separate your items by check if using more than one WIC check.
5. Let the cashier know you have WIC checks and hand the cashier your participant booklet.
6. Using black ink, you or the cashier may fill in the actual amount of sale on the check (or for fruit and vegetable checks, the maximum value of the check if it goes over). This must be done at the time of purchase.
7. Using black ink, sign and date the check AFTER the amount of sale has been filled in.
8. For fruit and vegetable WIC checks only, you can pay for any extra amount owed. No change is returned from fruit and vegetable checks that are under the maximum value of the check.



Reminders

- Keep your WIC checks in a safe place and treat them the same as cash. If they are lost or stolen, they cannot be replaced. Report lost or stolen checks to your local WIC office.

- The caretaker of your children can shop for you in addition to you choosing



someone to be your alternate. You are responsible for training both persons on how to use your WIC checks and for their actions while shopping. At all times, their signature must be on the Participant Identification and they must have

your participant booklet to shop for you.

- You do not need to purchase everything on the check.
- Store credit, IOUs, and rainchecks are not allowed.
- Use store savings cards, coupons, and store promotions to save money and help us serve more people.
- Respect WIC staff and store employees. Giving false information and buying the wrong foods is WIC abuse, as well as, physical and/or verbal actions against other WIC participants, WIC staff, property or store employees.
- If you feel that a store, a WIC participant or a staff person is doing something wrong, call your local WIC office.

[illegible]

Connecticut WIC Program Participant Identification

Bring this participant booklet for ALL visits to the WIC office and the grocery store.

Family ID Number

Local Agency Code



*Babies were
born to be
breastfed.*

The signature(s) below must agree with the signature on the WIC check(s).

Payee's Name (Please print)

Payee's Signature

Caretaker's Name (Please print)

Caretaker's Signature

Alternate's Name (Please print)

Alternate's Signature

For general information,
contact the State WIC Office at:

1-800-741-2142
www.ct.gov/dph/wic
ctwic@ct.gov

Staff Signature

This institution is an equal opportunity provider.